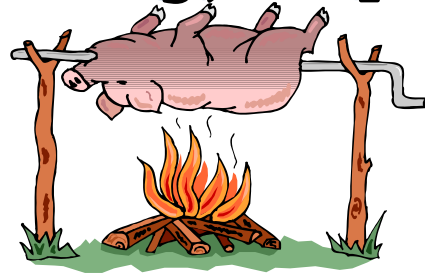


# 4-H Achievement Banquet

## Saturday, Sept. 12



## THE 2015 4-H AWARD BANQUET

*Saturday ~ September 12 at 5:30pm  
in the Expo Building on the Fairgrounds*

### What to bring & What to expect...

- At this event 4-H Leaders and Members receive recognition for their hard work and for many of the projects that have been completed throughout the past year. So please plan to come, support and thank them for all their hard work. ~~this really is a fun event!!
- We'll start eating around 5:30 on Saturday the 12<sup>th</sup> so come a little early to get situated. The award ceremony will start around 6pm.
- ALL 4-H club leaders, members, families & friends are invited ~~ DON'T MISS THIS!!
- Clubs are welcome to come early and decorate their tables if they'd like, but it's not mandatory. Club members & families can either sit together or folks can sit wherever they like.
- This year we're incorporating the NWMT Fair theme of "Kick it up!" – so you're welcome to use that as your inspiration for decorations.
- CHS has donated two hogs that they bought at the livestock sale during the fair (as in years past), so there will be plenty of meat. *(please thank Mark Lalum and others from CHS when/if you see or talk to them)*
- The 4-H Foundation will provide all of the buns, plates, cups, napkins, forks, spoons & knives.
- BBQ sauce will be provided by *Famous Dave's*.
- Every family is asked to **bring at least 2 or more side dishes** (casseroles, salads, desserts, etc.).
- Don't forget to **bring serving utensils** for your dishes. Note: There are only a few outlets for crockpots.
- Sodas, water & coffee will be provided.





Montana State University Extension Service

# Annual Training for ALL 4-H Leaders



## WHEN

Thursday, September 17, from 6-8pm  
Or  
Tuesday, September 22, from 6-8pm

## WHAT

Topics will cover the following subjects...

*2015-2016 4-H New Year— “What’s New?”  
4-H Paperwork & Documentation, County 4-H Programs,  
Outcomes/Impacts, AND MORE....*

~ You will also receive your club’s enrollment packets ~



## WHERE

Classes will be held at the **Earl Bennet Building**  
on the 2nd floor, 1035 1st Ave. West in Kalispell

## QUESTIONS? Call...

Tammy Walker  
4-H & Youth Development Agent  
tammy.walker1@montana.edu  
(406) 758-5552 phone

# 4-H



✿ Make a World of Difference ✿

# Special Thanks to our Adult 4-H Volunteers!!

## 2014-2015 Organizational Leaders:

Angela Crenshaw	Judy Sommers	Mike Twillmann	Melissa & Shawn Atkinson
Chris Scott	Kim Morrison	Melanie Hayek	Sherry Madsen
Dana Higgins	Kelly Wilkey	Renae Johnson	Suzanne Tutvedt
Kelley Sue Bain	Kristi Davis	Renee Caverly	Tara Norick
Heather Siderius	Linda Stewart	Sandy Evenson	Tia Robbins
Janette Nostrum	Tomi Todaro	Shilo Fritz	Wendy Morris

## Years of Service:

10 Years—Heidi Diegel, Dale Probert & Emily Stewart

15 Years—Tina Engebretson & Mike Smith

20 Years— Bob Sutton & JoEllen Williams

35 Years—Sandy Evenson & Anni Sutkus

## Livestock Education:

- Mike Twillmann: Beef Weigh-In
- Melissa & Shawn Atkinson: Beef Weigh-in
- Bryan Miller: Hog Seminar & Hog Weigh-in
- Inga Lake: Sheep Seminar, Agape Livestock Show & Sheep Clinics
- Kevin Lake: Agape Livestock Show & Sheep Clinics
- Kim Morrison: Sheep Seminar, Round Robin & Sheep Clinics
- Bob Sutton: Sheep Weigh-In

## Committee Chairs:

Kevin Fritz  
Codi Sorensen  
Sue Schmidt

## Foundation Officers:

Dana Higgins - President  
Heather Olson - V. President  
Sandy Evenson - Secretary  
Sheila Wilson & Dee Dryden-Cooper - Treasurer

## State Horse Show:

Codi Sorensen, Stacia McAdams, Marleen Probert, Heidi Diegel, Renee Caverly and Chris Scott

## Project Interviews:

Dana Higgins, Marcia Burns and Shawn Boelman

## Short Term Project Club Leaders:

Darren Fix - Computer Programming  
Randy & Marcia Burns - Muzzle Loading  
Jon Obst - Hunter Shooting Sports  
Anni Sutkus - Dog

## Fair Awards:

Inga Lake & Lake Family

## Special Interest Clubs:

\**Shooting Sports*: Don Anderson, Kristi Davis, Marcia & Randy Burns, Bill & Marsha Voermans, Pat McVay, Dale Probert, Joan Stewart

\**Entomology*: Richard Hardesty

## Horse Camp:

Stacia McAdams

## State Congress:

Tara Norick

## Legislative Breakfast:

Sue Schmidt

## Interstate Exchange:

Wendy Morris & Marcia Burns

## Camp Counselor Interviews:

Melissa Adkinson

## Foods Fair:

Marcia Burns & Dana Higgins

## Camp:

Casey Morris, Renae Johnson

Winners of ALL NWMT Fair Awards will be announced at the 4-H Banquet on Saturday, Sept. 12th at 5:30pm. Bring your family and a few side dishes and come join us in the Expo bldg. for a ton of 4-H fun!!







# 4-H Shooting Sports

*Learn by Doing*

## Flathead Shooting Sports

There will be a 4-H Shooting Sports Leader Training at the Fairgrounds on **September 25-26, 2015**. The deadline for registration is September 18, 2015. Archery, Rifle, Shotgun, Pistol, Muzzle-loading, Hunting, and the Western Heritage disciplines will be offered. **\*\*Leaders must be trained before they can serve as 4-H Shooting Sports key leaders in a county program.**

The registration fee is \$60 for adults and \$25 for teen leaders (teens may only assist a 4-H shooting sports program if under the direct supervision of a trained and certified 4-H shooting sports adult leader of the same shooting discipline).

\*\*\*Registration forms must be signed by the 4-H Agent and then mailed to Bozeman\*\*\*  
Bring your completed pre-test with you to the training.

The training will begin at 6:00 p.m. to 9:00 p.m. on Friday night and continue from 8:00 a.m. to 5:00 p.m. on the following Saturday. Lunch is provided on Saturday as part of the registration. Educational materials are included with registration.

Registration forms can be found at <http://www.flathead.mt.gov/extension/downloads.php>

## Returning Shooting Sports Members

*(those who were in the program last year)*



All shooters returning from last year may now contact Kristi Davis to sign-up for a shooting sports time for this coming year. 752-6855 or 253-4303 or [davisgka@gmail.com](mailto:davisgka@gmail.com)

***NEW MEMBER*** - *your registration will take place in October.*



## Upcoming 4-H Meetings and Special Events



### Upcoming Activities & Other Meetings

- ◇ 4-H Awards Banquet: *September 12th*
- ◇ 4-H Leader Training: *September 17 or 22; 6-8pm*

### Forums, Committees & Councils

- Ag/Livestock Committee: *Thursday, Sept 3rd at 5:30pm in the 4-H Building at the fairgrounds*
- Flathead 4-H Foundation: *Thursday, Sept 3rd at 6:45pm in the 4-H Building at the fairgrounds*



**THANK YOU!! to all  
our *AMAZING*  
4-H Family Members,  
Volunteer Leaders &  
Community Members.  
The 2015 NWMT Fair  
was an HUGE success,  
and it's all because of  
your support & care!!!**

### Market Livestock Buyer "Thank You" Procedure Following the Sale

**Don't forget to thank your buyers.** The success of the Livestock Sale depends on the kindness of community businesses and individuals, and it's important that all our 4-H members thank them for their generosity. You can pick up your photo for your buyer's thank you at the Extension Office on TUESDAY, SEPT. 8th. Once a member delivers a "thank you" photo/gift to their buyer, they must return the confirmation form to the Extension Office by **December 1, 2015**.



## MSU Extension Service – Flathead County

### Patricia McGlynn

Agriculture, Natural Resource & Community  
Development Extension Agent

### Tammy Walker

4-H & Youth Development Agent

### Dee Dryden-Cooper

Support Staff

### Nancy Roberts

SNAP Educator

### Address:

1108 South Main Street  
Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

**Web:** <http://flathead.mt.gov/extension>

### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month

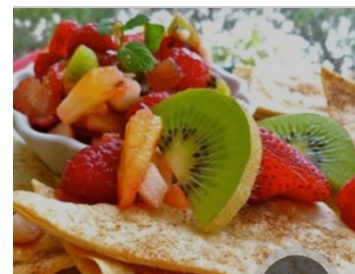


### Annie's Fruit Salsa and Cinnamon Chips

Makes 10 servings    Prep: 15 mins.    Cook: 10 mins.    Ready in 45 mins.

#### Ingredients:

2 kiwis, peeled and diced  
2 Fuji or Granny Smith apples, cored and  
diced  
8 oz. raspberries  
1 lb. strawberries  
2 TBSP white sugar  
1 TBSP brown sugar, optional\*  
3 TBSP of fruit preserves, any flavor  
10 10" flour tortillas  
Butter-flavored cooking spray  
½ -2/3 cup of cinnamon/sugar mixture



#### Directions:

Chop all fruit with the apples being the last to be chopped. Thoroughly mix all the chopped fruit with white and brown sugars and also the fruit preserves. Cover and chill in refrigerator at least 15 mins.

Preheat oven to 350F

Coat both sides of flour tortillas with butter flavored cooking spray. Cut into wedges with a pizza cutter or sharp knife. Drag wedges through a shallow bowl or plate that contains the cinnamon/sugar mixture coating either one or both sides and arrange wedges in a single layer on a large cookie sheet.

Optional\* Then spray wedges again lightly on one side w/cooking spray before baking.

Bake in a preheated oven for 8 – 10 mins. Repeat with remaining tortilla wedges. Allow to cool approximately 15 mins. Serve with chilled fruit mixture.

Optional\*\* Can use frozen peaches and orange marmalade in place of raspberries and fruit preserves.

#### Nutrition Facts:

Calories	312	Carbohydrates	59
Cholesterol	0mg	Fat	5.9g
Fiber	5.7g	Protein	6.8g
Sodium	462 mg		

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

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